TIDES HOSPICE
Honoring Every Journey

New York Heart Association (NYHA) Functional Classification

The New York Heart Association (NYHA) Functional Classification is a widely used system for assessing the functional status of patients with heart failure. It categorizes patients into one of four classes based on their level of physical activity and symptoms:

Class I: Patients with cardiac disease but without resulting limitation of physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, dyspnea (shortness of breath).

Class II: Patients with cardiac disease resulting in slight limitation of physical activity. They are comfortable at rest. Ordinary physical activity results in fatigue, palpitation, dyspnea, or anginal pain.

Class III: Patients with cardiac disease resulting in marked limitation of physical activity. They are comfortable at rest. Less than ordinary activity causes fatigue, palpitation, dyspnea, or anginal pain.

Class IV: Patients with cardiac disease resulting in inability to carry on any physical activity without discomfort. Symptoms of heart failure or the anginal syndrome may be present even at rest. If any physical activity is undertaken, discomfort is increased.

Class	Functional Capacity by Class	Objective Assessment*
I	No limitation in physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, dyspnea, or anginal pain.	No evidence of cardiovascular disease.
II	Slight limitation of physical activity. Patient is comfortable at rest. Ordinary physical activity results in fatigue, palpitation, dyspnea, or anginal pain.	Objective evidence of **minimal** cardiovascular disease.
III	Comfortable at rest. Less than ordinary physical activity results in fatigue, palpitation, dyspnea, or anginal pain.	Objective evidence of **moderately severe** cardiovascular disease.
IV	Unable to carry on physical activity without discomfort. S/S of heart failure or anginal syndrome may be present **even at rest**. If any physical activity is undertaken, discomfort is increased.	

** Measures such as EKG, stress test, x-ray, echocardiogram and/or radiologic images.*